

# ABC's

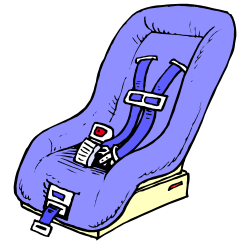
## of Health

## Safety

### AWARENESS...

Safety is important to good health. Injuries are one of the leading causes of death in the U.S.

- **Seat belts save lives.** By wearing a seat belt, you **DOUBLE** your chances of getting out of an accident alive and unhurt!
- Children weighing less than 40 pounds should be restrained in an approved car safety seat while riding in a motor vehicle.\*
- **Safety seats** should face backward until the child weighs at least 20 pounds or reaches one year of age.\*
- Infants in rear-facing safety seats should never be placed in the front seat of a vehicle with a passenger-side airbag.\*



### BEHAVIOR

Install **smoke detectors** in your home and check (or replace) the battery at least twice a year (when you set your clocks for daylight savings time in the Spring and Fall) to make sure they are working.

Safely store **matches and lighters** away from children and **don't smoke** in bed or if you are sleepy.



**Wear a helmet** when riding a bike or a motorcycle to help prevent serious head injuries.

**Prevent accidental shootings** by always keeping your gun unloaded and locked away. Store and lock bullets in a separate location.

A small child can drown in just a few inches of water. **Never** leave young children alone in the **bathtub** or **swimming pool** even for a minute. If you have a pool, make sure it has a locking fence around it. Learn how to swim. Do not drink alcohol when swimming or boating.

Be sure **rugs** lay flat on the floor and have a non-slip back to help prevent falls.



To **prevent poisoning**, make sure medicines and household cleaning products are safely stored away from children. If someone swallows something that might be poison, call 911.

# CHANGE



- Take a list of all your **medications** (or the bottles) to every doctor's visit.
- To help prevent falls, install **handrails** in your bath area if you need assistance.
- Before you start your car, put on your **seatbelt!** Ask each person in the car to do the same.
- Be sure **children and babies** are **properly restrained** in an **approved** car safety seat.
- **Do not hold** your baby or child in your arms when driving or riding in a car.
- Never **drive** if you have been **drinking** alcohol or **ride** with anyone who has been drinking.
- Make sure you have a **working smoke detector** in your home.
- Avoid **smoking** in bed or while lying down.
- Make sure that **medicines**, household **chemicals** and cleaners, **poison**, and **firearms** (guns) are kept where **children** cannot get them. Keep and **store bullets** separate from guns.
- Buy **bicycle helmets** and use them!
- Keep **walkways** inside and outside your home well-lit and uncluttered.

\*US Preventive Services Task Force recommendation

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